

She's one smart mom

She's got **text4baby**

Text **BABY** to **511411**

Get free health tips on your
cell phone and info on
free or low-cost insurance
and healthcare for you
and your baby.



A free service of the
National Healthy Mothers,
Healthy Babies Coalition
text4baby.org



 Health Insurance Marketplace

What is text4baby?

If you're pregnant or have a baby under one year, you can sign up to receive **FREE text messages** on prenatal, infant care, and more.

You'll receive three text messages each week, timed to your due date or your baby's first birthday. Messages begin during your pregnancy and go through your baby's first year. You'll get tips on prenatal and infant care, immunization, postpartum depression, nutrition, oral health, quitting smoking, safety and more.

Do you or your children need health insurance?

Medicaid and the Children's Health Insurance Program provide kids with regular check-ups, shots, doctor and dental visits, vision, hospital care, prescriptions and more. Pregnant women can get coverage too – and parents may be eligible for Medicaid, as well. Learn more about these programs in your state by calling **1-877-KIDS-NOW (1-877-543-7669)** or going to **HealthCare.gov**. Enrollment is open year round.

Sign up now – text BABY (BEBE en Español) to 511411

Thanks to the support of CTIA – The Wireless Foundation and participating cell phone companies, all messages you receive from text4baby are free! Even if you don't have a text messaging plan, you can get these messages at no cost. If you have limited texting per month, text4baby won't take away from your total number of messages. All major U.S. mobile phone companies are participating in text4baby. To see a full list, visit **text4baby.org**.



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